

ABSTRACT

THESIS: Short-Term Effect of Cinnamon on Blood Pressure in Middle-Aged Obese Adults

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PAGES: 78

The purpose of this study was to determine the short-term effect of cinnamon on blood pressure in middle-aged obese adults. Subjects consumed a beverage with (experimental) and without (control) 6 g ground cassia cinnamon. Blood pressure was assessed at baseline, and then at 30, 60, 90, 120, 180 and 240 minutes. A food frequency questionnaire was administered to estimate usual dietary intake. Twenty-six adults (9 males and 17 females), aged 40-65 years, completed the study. There was no significant difference in blood pressure at any time point between the two conditions ($p>0.05$). Multiple regression analysis evaluated the relationship between usual intake of diet components and control baseline blood pressure. The diet components studied did not significantly predict systolic blood pressure or diastolic blood pressure at baseline. The results of this study suggest 6 g cinnamon does not exert a short-term beneficial effect on blood pressure in middle-aged obese adults.